

COULD YOU DEFEND YOURSELF?

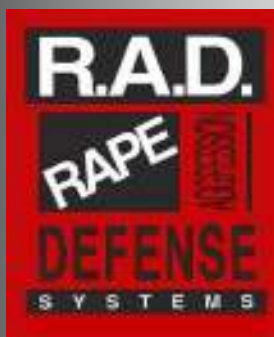


RAD is a program of realistic self-defense tactics and techniques. It is a comprehensive course for woman that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training.

"To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked."

To sign up for this free class:

email Detective Olivia Siekman at
osiekman@milford.nh.gov
of the Milford Police Department
Class will be held on June 5, 12, & 19 of 2014 from
4:30pm to 8:30pm
Attendance to all classes is required
Registration deadline is May 29, 2014



Mission Statement

"The mission of the R.A.D. Systems is to establish an accessible, constantly improving and internationally respected alliance of dedicated Instructors. These Instructors in turn, will provide educational opportunities for women, children, men and seniors to create a safer future for themselves. In doing this, we challenge society to evolve into an existence where violence is not an acceptable part of daily life."